

Summer Chili

by SNAP-Ed Staff - July 28, 2021



If you're looking to stretch your food dollars, try Summer Chili! This recipe offers 8 servings and nearly 5 grams of fiber in each one.

Serves 8

 **Ingredients**

 **Directions**

 **Nutritional Information**



- 1 pound lean ground beef or turkey
- 1 cup each onion, carrots, and bell pepper, diced
- ½ teaspoon garlic powder
- 15.5 ounces canned, diced tomatoes
- 15.5 ounces canned, low-sodium Kidney Beans
- 2 cups water
- 1½ tablespoons chili powder
- 2 cups summer squash

1. Brown meat in a large pot over medium-high heat until no longer pink. Drain off fat.
2. Add onions, carrots, green peppers, and garlic powder. Cook until onion softens.
3. Stir in tomatoes, beans, water, chili powder, and salt. Cook until chili comes to a simmer.
4. Reduce heat and cook, uncovered, 20 minutes. Stir occasionally.
5. Add zucchini or summer squash and simmer, uncovered, about 10 minutes longer.

Calories 187
Fat 4g
Protein 21g
Fiber 4.5g
Sodium 230mg
Carbohydrate 13g


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